

# 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*  
*Elizabeth Shaffer, Administrative Secretary*



## AUGUST 2018

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

### Senior Center Coordinator Message:

Happy August! I hope you're enjoying the beautiful summer! The weather has been nice, the fruits and vegetables from the farmer's markets have been delicious and the flowers are lovely!

We have been busy at the Avon Senior Center. We started a new program called Open Yale Courses on Thursdays at 1:00 p.m., see page 3 of this newsletter for more information. We have some fantastic day trips and people are enjoying the travel! We continue to have fun with our regular programs and activities and our Wii Bowlers– Avon Aces have been competing in Tournaments! We continue with our Examining Freedom of the Press Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center.

In July, the "Knitting with Gratitude" group donated 12+ blankets to the Agape House in Bristol, CT. The Agape House helps the homeless and with our donation of blankets, we are able to help those in need. So proud to be a part of this wonderful new endeavor at the senior center of giving back. Please keep knitting! We appreciate it!

Thank you to everyone who is a part of the Avon Senior Center. In whatever capacity that may be, you are valuable and we appreciate you!

I hope you enjoy the rest of your summer! Continue to come to the senior center and participate in our activities and programs because we love having you here and we have so much fun!

*Respectfully,*  
*Jennifer Bennett, LMSW*



"It's Your Life...Live it Well"



### Learn How to Self-Manage Your Diabetes

**Attend a FREE Live Well Workshop & learn skills to understand & take control of your long-term health condition**

Learn better ways of dealing with pain, fatigue, difficult emotions, anxiety and stress. Learn easy exercises to help improve or maintain strength and energy. Learn ways to improve your nutrition and learn appropriate use of medications & more.

**Join a FREE 6-week Live Well Workshop**  
**Tuesdays, September 4th-October 9th**  
**2:00-4:00 pm**  
**Avon Senior Center**

To sign up,  
call Justine Ginsberg, Farmington Valley Health District,  
860-352-2333 ext.312,  
or contact the Avon Senior Center 860-675-4355

A little thought and a little kindness are often worth more than a great deal of money. ~John Ruskin

Gentleness and kindness will make our homes a paradise upon earth. ~C. A. Bartol

When I was young, I used to admire intelligent people; as I grow older, I admire kind people. ~Abraham Joshua



## AUGUST EVENTS 2018

*Jennifer Bennett, LMSW Avon Senior Center Coordinator  
Elizabeth Shaffer, Administrative Secretary  
860-675-4355*

**Wednesday, August 1, 2018****“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.

**Thursday, August 2, 2018****“Thinking Thursdays”**

Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to “think” and work your brain muscles by completing the challenges!

**Friday, August 3, 2018 at 1:30 p.m.****“Movie & Discussion: Broadcast News”**

This 1987 movie stars William Hurt, Albert Brooks and Holly Hunter. Movie runs 2 hours and 13 minutes. Rated R. Following the film, there will be a discussion led by Bob Kagan, Professor of Communications at Central Connecticut State University and the University of Hartford. Part of the Examining Freedom of the Press Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. Held at the Avon Free Public Library. No registration required.

**Tuesday, August 7, 2018****“Thankful Tuesdays!”**

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

**Tuesday, August 7, 2018 “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, August 8, 2018 at 10:30 a.m. “Shuffleboard”****Thursday, August 9, 2018****“Thinking Thursdays”****Thursday, August 9, 2018 from 2-5 p.m.****“LGBT Moveable Senior Center”**

Lesbian, Gay, Bisexual and Transgender (LGBT) Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center—a partnership among Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other and to services and supports for healthy aging! Avon Senior Center is hosting the LGBT MSC this month & we’re going to have Meditation, snacks/finger foods & music! Please call the Avon Senior Center to sign up. The LGBT Moveable Senior Center is sponsored by CCC as part of “Getting it Right”: *Creating an LGBT-Inclusive Organization*, a project funded by the John H. and Ethel G. Noble Charitable Trust & was guided by CT LGBT Aging Advocacy.

**Friday, August 10, 2018 at 1:30 p.m.****“Movie & Discussion: Network”**

This 1976 film stars Faye Dunaway, William Holden, Peter Finch and Robert Duvall. Movie runs 121 minutes. Following the film, there will be a discussion led by Bob Kagan, Professor of Communications at Central Connecticut State University and the University of Hartford. Part of the Examining Freedom of the Press Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. Held at the Avon Free Public Library. No registration required.

**Monday, August 13, 2018 “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.

**Monday, August 13, 2018****“Foot Care”**

Dr. Lindsay will be at the Avon Senior Center 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, August 14, 2018****“Birthday Cake to Celebrate Birthdays!”**

Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people who celebrate a birthday this month.

**Tuesday, August 14, 2018****“Thankful Tuesdays!”**

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

**Wednesday, August 15, 2018****“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.

**Wednesday, August 15, 2018 at 12:00 p.m.****“Apple Rehab Avon BBQ”**

Join us at Apple Rehab Avon for a delicious BBQ! Apple Rehab Avon is located right across the street from the Avon Senior Center. They are hosting a barbeque for us! You don’t want to miss this event! This is free and open to the public. Please call the senior center at 860-675-4355.

**Thursday, August 16, 2018****“Thinking Thursdays”**

## AUGUST EVENTS 2018



### Friday, August 17, 2018 at 1:30 p.m. "Movie: Newsies"

This 1992 musical comedy-drama stars Christian Bale, David Moscow, Bill Pullman, Robert Duvall and Ann-Margret. Rated PG, 121 minutes. Part of the Examining Freedom of the Press Series, a partnership between the Avon Free Public Library, Avon Historical Society and the Avon Senior Center. Held at the Avon Free Public Library. No registration required.

### Tuesday, August 21, 2018 "Thankful Tuesdays!"

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

### Wednesday, August 22, 2018 at 10:30 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.

### Thursday, August 23, 2018 "Thinking Thursdays"

Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to "think" and work your brain muscles by completing the challenges!

### Friday, August 24, 2018 at 12:00 p.m. "Lunch & Learn"

Dr. Brian Nardi, local Chiropractor will be here today for our Lunch & Learn. He will be providing a light lunch & talking about back health & chiropractic care. Please join us for this informational and educational program. This is free & open to the public. Please call the senior center at 860-675-4355.

### Tuesday, August 28, 2018 "Thankful Tuesdays!"

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

### Tuesday, August 28, 2018 DRESS DOWN DAY!!!!

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, August 29, 2018 at 10:30 a.m. "Shuffleboard"

### Thursday, August 30, 2018 "Thinking Thursdays"



## Trips

The Big E, Wednesday, September 19, \$61 per person

Vermont Fall Foliage Tour, Thursday, October 18,  
\$133 per person

Ireland, October 30-November 6, from \$2699 per person

Radio City Christmas Spectacular, Friday, November 16,  
\$202 per person

Christmas in Connecticut, Friday November 30,  
\$109 per person

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



### New Program at the Senior Center!!

## Open Yale Courses

Thursdays, 1:00 p.m. starting July 12.

The first course will be **American Authors: William Faulkner, Ernest Hemingway and F. Scott Fitzgerald**. Come, watch, learn & listen to courses taught by Yale professionals in the comfort of the Avon Senior Center!

**Open Yale Courses** provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.



## Classes

**FALL CLASSES****Tai Chi for Seniors -**

Wednesdays, 3:30-4:30 p.m. - Senior Center  
 Sept. 26—Dec. 19  
 \$71.00 (\$63.90 Senior)

**Zumba Gold Low Impact**

Mondays, 6:00-7:00 p.m. - Countryside Park  
 Sept. 17-Dec. 17  
 \$76.00 (\$68.40 Senior)  
 or  
 Wednesdays, 6:00-7:00 p.m. - Countryside Park  
 Sept. 12-Dec. 19  
 \$82.00 (\$73.80 Senior)

**Chair Yoga**

Fridays, 10:00-11:00 p.m. - Senior Center  
 Sept. 21-Dec. 14  
 \$86.00 (\$77.40 Senior)

**Line Dancing**

Tuesdays, 3:30-5:00 p.m. - Senior Center  
 Sept. 25-November 27  
 \$97.00 (\$87.30 Senior)

**Early Bird Fitness**

Mondays and Thursdays, 8:15-9:15 a.m. - Senior Center  
 Sept. 24 - Nov. 15  
 \$120.00 (\$108.00 Senior)

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

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



Mah Jongg— Mondays at 12:30 p.m.—Intermediate  
 Bridge – Tues. & Thurs. at 12:30 p.m.— Intermediate  
 Scrabble – Tuesdays at 1:00 p.m.  
 Writer's Bunch—Tuesdays at 12:30 p.m.  
 Shuffleboard – Wednesdays at 10:30 a.m.  
 Setback – Mondays, Wednesdays & Fridays at 1:00 p.m.  
 Ping Pong – Fridays at 10:00 a.m.  
 Adult Coloring– Fridays at 1:00 p.m.

**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 Sen-  
 ior 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 \$7.50 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	
		2	Mediterranean Soup Seafarer's Seafood Salad on Shredded Lettuce/ Saltine Crackers Baked Sweet Potato Club Roll Chocolate Chip Cookie
7	Orange Juice Turkey Divan w/ Broccoli Mashed Potatoes 100 % Whole Wheat Bread Pineapple Tidbits	9	Chicken Vegetable Soup Chicken Caesar Salad w/ Spring Greens (Chicken/ Shredded Parmesan Cheese )/ Cucumbers/ Cherry Tomatoes/ Caesar Salad Dressing / Croutons Frosted Chocolate Brownie
14	Grape Juice Cheese Ravioli w/ Tomato Sauce Garden Salad Greens w/ Cherry Tomatoes, Cucumbers Raspberry Salad Dressing Squash Medley Wheat Dinner Roll Fruit Oatmeal Bar	11	Roast Beef w/ Gravy Chive Mashed Potatoes Chuck Wagon Blend Vegetables Whole Wheat Bread Pears
21	Orange Juice Oven-Fried Chicken Baked Beans Coleslaw Corn Muffin Chocolate Chip Cookie	18	Macaroni & Cheese Stewed Tomatoes & Zucchini Tossed Salad Greens w/ Cherry Tomatoes & Cucs Raspberry Salad Dressing Wheat Dinner Roll Fruit Cocktail
28	Salisbury Steak w/ Vegetable Gravy Boiled Potatoes Caribbean Blend Vegetables Wheat Dinner Roll Applesauce	25	Pot Roast w/ Gravy Oven Roasted Potatoes Brussels Sprouts Dinner Roll Peaches & Pears





### Bridge Players Wanted

Bridge group is looking for new players. Group meets Tuesday & Thursday from 12:30-3:00 p.m. Level of play is advanced intermediate. Please call Avon Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.



### Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating to our neighbors at Interval House & Agape House. Interval House is a domestic violence shelter in Hartford & Agape House helps the homeless in Bristol. Please feel free to knit a small blanket & drop it off at the senior center & we will donate them with our blankets.

Please feel free to donate yarn of any color for us to use. We appreciate all the help, so we can help others. Avon Senior Center 860-675-4355.



### SENIOR CITIZENS OF AVON ORGANIZATION



### New Card Group

Mondays & Tuesdays

1:00 p.m.

3-13 card game.


Easy to learn.

New players welcome.

The Board wishes you a happy & healthy summer...  
See you in September!!!



# AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<div>1</div> <div>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:00 Tai Chi 6:00 Zumba Gold-CSP</div>	<div>2</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</div>	<div>3</div> <div>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:30 Movie- Library</div>	
	<div>6</div> <div>8:15 Early Bird Fitness 9:00 Wii Bowling. 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</div>	<div>7</div> <div>9:00 Billiards 9:00 Wii Bowling 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 1:00 Scrabble THANKFUL TUESDAYS</div>	<div>8</div> <div>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</div>	<div>9</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 2:00 LGBT MSC THINKING THURSDAYS</div>	<div>10</div> <div>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:30 Movie- Library</div>
	<div>13</div> <div>8:15 Early Bird Fitness 9:00 Wii Bowling 11:00 Blood Pressure Foot Care Clinic 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</div>	<div>14</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:15 Birthday Cake 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Writer's Bunch 1:00 Scrabble THANKFUL TUESDAYS</div>	<div>15</div> <div>9:00 Wii Bowling 10:30 Shuffleboard 12:00 Apple Rehab BBQ 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</div>	<div>16</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</div>	<div>17</div> <div>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards 1:30 Movie- Library</div>
	<div>20</div> <div>8:15 Early Bird Fitness 9:00 Wii Bowling 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</div>	<div>21</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Writer's Bunch 1:00 Scrabble THANKFUL TUESDAYS</div>	<div>22</div> <div>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</div>	<div>23</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</div>	<div>24</div> <div>2</div> <div>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 12:00 Lunch &amp; Learn 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</div>
	<div>27</div> <div>8:15 Early Bird Fitness 9:00 Wii Bowling 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</div>	<div>28</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge &amp; Cribbage 12:30 Writer's Bunch 1:00 Scrabble THANKFUL TUESDAYS DRESS DOWN DAY</div>	<div>29</div> <div>9:00 Wii Bowling 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 3:30 Tai Chi 6:00 Zumba Gold-CSP</div>	<div>30</div> <div>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</div>	<div>31</div> <div>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</div>

## RESERVED FOR SPONSORS



# *Avon Senior Center*



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AVON, CONNECTICUT 06001

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