

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary



AUGUST 2020

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

Senior Center Coordinator's Message

Happy August!! Hope this newsletter finds you well, enjoying the summer, healthy and safe. We miss seeing you in person and enjoy hearing your voice when we speak.

Senior Center programs, activities, classes, exercise and groups are all virtual and will remain virtual into the Fall. We do not have a re-open date yet. We're receiving guidance from the State of CT, Town of Avon, Farmington Valley Health District and other senior centers.

Starting in September, our CRT Meal program will be a frozen grab and go meal. You will need to sign up in advance and come to the Senior Center to pick it up on the designated day. More details to follow in next newsletter. Please call the Senior Center at 860-675-4355 or email Jennifer at: jbennett@avonct.gov, if interested.

We have puzzles, books, movies and videos available, if you would like to borrow them. Please call the Senior Center and let us know or email Jennifer. We can put them outside, you can come by and choose what you want.

Avon Senior Center continues to collaborate with the Avon Historical Society & Avon Free Public Library on our Suffrage Series: **DEEDS NOT WORDS: 100 Years of the Vote for Women**. Please see our programs in this newsletter.

We're offering lots of virtual programs and a variety of virtual activities. Please be sure to check them out in this newsletter. We want to make sure that you know that we're here for you, even if we can't be together.

Thank you for being a part of our Senior Center Family. We appreciate you! If you need anything, have any questions or just want to chat, please feel free to call us. You're important to us!

Please stay safe and healthy!

Take care,

Jennifer Bennett, LMSW, CDP

**Learn from yesterday,
live for today,
hope for tomorrow.**

ALBERT EINSTEIN

**"Every morning
we are born
again. What we
do today is what
matters most."**

- Buddha -

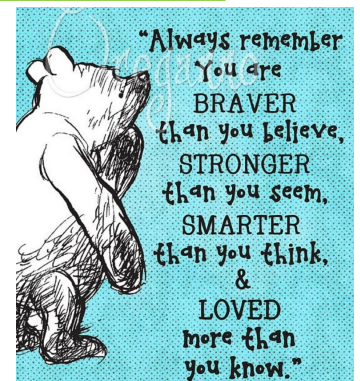
**"With the new day comes
new strength and new thoughts."**

— Eleanor Roosevelt



Newsletter 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.



On-line Activities to do at home

Museums

14 World-Class Museums Offering Virtual Tours Right from your Laptop

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

<https://www.wvlt.tv/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 activities: <https://nbmaa.org/online>

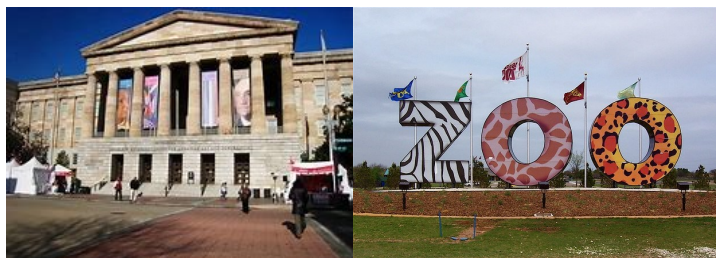
Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>



Museums, Libraries, Zoos Offer Online Programs During Coronavirus Closures

<https://www.wvuxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

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



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_oy7lpXFFBsDmpcEn0Gkqm5JfgT2I_I5mOuoYoMlwI

Animals

<https://zoo.sandiegozoo.org/live-cams>
<https://www.youtube.com/user/LionWhispererTV>
<https://nationalzoo.si.edu/webcams>



Webcams

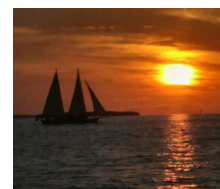
Yellowstone: <https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>
All different types: <https://www.earthcam.com/>
Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

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_xQhCMCrut_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=PLZkDZKOcvYTh4dRDXQ71m7gQUmWkDmLAIription>

On-line Activities to do at home**Courses**

You can now take classes from prestigious universities such as Harvard, Yale and the University of Pennsylvania in the safe haven of your home, and they are free.

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

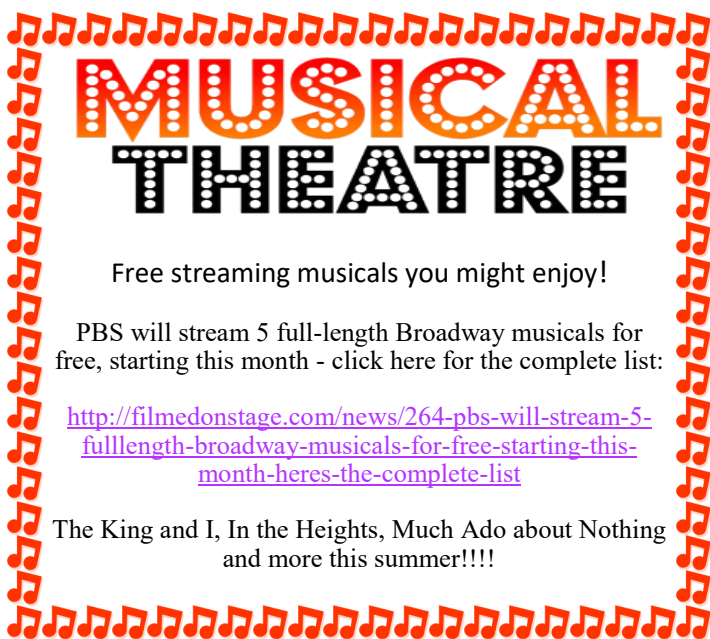
<https://www.open.edu/openlearn/free-courses>

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

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

Ted Talks

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

**ONLINE JIGSAW PUZZLES:**

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

Free Online Concert
IMPACT is an organization for volunteering work of students.
Here is the link: <https://m.youtube.com/watch?v=doyTg4b7kjE>

**AVON SENIOR CENTER CLASSES**

Please note: all classes this summer are VIRTUAL through Zoom. Participants will receive a link to the class after registering.

Tai Chi

Tai Chi has been proven through scientific study to improve joint health, strengthen muscle, increase flexibility, improve balance and reduce stress-based illnesses. Many people have gained significant health benefits from a program that is especially suited to seniors and people suffering from arthritis and osteoporosis. Come see what Tai Chi can do for you!

Wednesdays, 4:00-5:00 p.m., July 1-September 16
Fee: \$65.00 Senior Fee: \$58.50

Zumba Gold - Mondays

Come join the party and enjoy the health benefits of this feel good, low-impact aerobic workout. Zumba Gold is an energetic, total-body workout set to Latin and International rhythms. Dance for an hour and log at least 5,000 steps on your fitness tracker. Zumba Gold uses the same music and choreography as Zumba Basic; I just modify the movements to be gentler on the knees. No experience necessary, just a willingness to dance and have fun.

Mondays, 6:00-7:00 p.m., July 6 – September 14
(No class September 7.)

Fee: \$48.75 Senior Fee: \$43.87

Zumba Gold - Wednesdays

Come join the party and enjoy the health benefits of this feel good, low-impact aerobic workout. Zumba Gold is an energetic, total-body workout set to Latin and International rhythms. Dance for an hour and log at least 5,000 steps on your fitness tracker. Zumba Gold uses the same music and choreography as Zumba Basic; I just modify the movements to be gentler on the knees. No experience necessary, just a willingness to dance and have fun.

Wednesdays, 6:00-7:00 p.m., July 1 – September 16
Fee: \$57.50 Senior Fee: \$51.75

Silver Sneakers Chair Aerobics

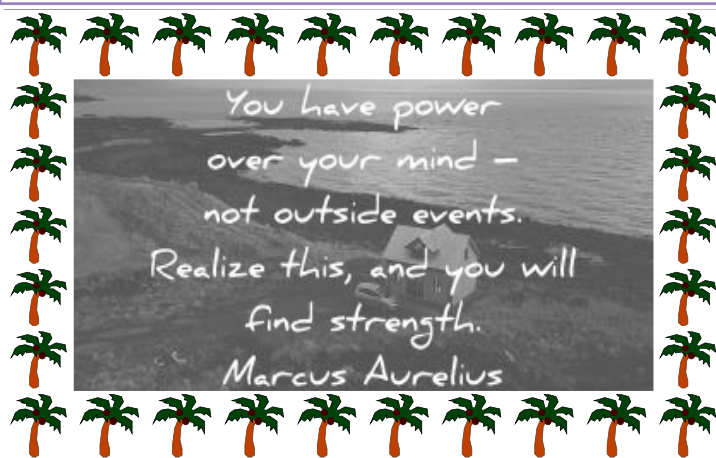
Silver Sneakers Chair Aerobics is a chair work-out for people 65 and older paid through your health insurance. This class works on balance, posture, cardio and strength, and helps keep you active to live on your own longer. All you need is a chair and two free weights. Come get a great workout! If you're not sure you have Silver Sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the Silver Sneakers program. If you don't have Silver Sneakers, you may pay the instructor \$3.00 per class.

Mondays 3:00-4:00 p.m. and Thursdays 10:30-11:30 a.m.
This class is on a drop in basis. Please call Avon Senior Center to register.

American Red Cross BLOOD DRIVE

Wednesday, September 16, 2020
10:00 a.m.– 3:00 p.m.

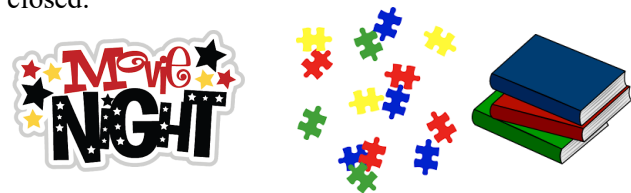




Books, Movies & Puzzles

We have a collection of books, movies and puzzles available to borrow from the senior center.

Please call or email your request & we will make these items available for pick up while the senior center is closed.



hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

**THE STRONGEST
PEOPLE ARE NOT
THOSE WHO SHOW
STRENGTH IN FRONT
OF US BUT THOSE WHO
WIN BATTLES WE
KNOW NOTHING
ABOUT.**



SCHOOL BUS MONITORS WANTED

APPLY IN PERSON AT
MARTEL TRANSPORTATION
140 POWDER MILL ROAD COLLINSVILLE



Farmington Valley VNA FLU CLINIC

TUESDAY, OCTOBER 6
11:00-1:00



Please call FV VNA #860-651-3539 to sign up.

Virtual Programs

Zoom Tutorial

Avon Senior Center will be starting virtual programs which you can access using Zoom. To watch a short tutorial on how to use Zoom, click on the link below:

<https://www.bing.com/videos/search?q=zoom+meeting+tutorial&docid=608043669392002878&mid=C95C3BF821F0AB710F94C95C3BF821F0AB710F94&view=detail&FORM=VIRE>

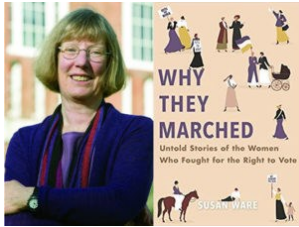
Tips: Log in a few minutes early and get familiar with the screen. You will need to know how to mute and unmute yourself and this is explained in the tutorial above. Setting up your space is something you want to think about too-where you are in relation to your screen. Try this out before you start a program. This might be your most challenging part!



TOGETHERWERISE



The trio of Avon's Historical Society, Library and Senior Center are offering a year-long series entitled **DEEDS NOT WORDS: 100 Years of the Vote for Women**. Join us for the next programs in our series, both national and local!



*Sunday, August 16
at 11:00 am*

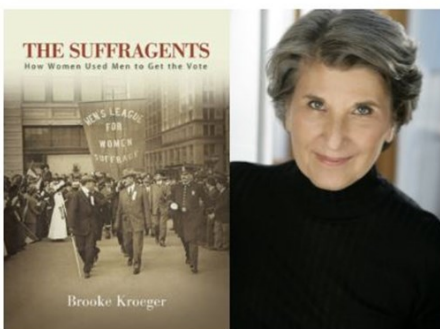
For far too long, the history of how American women won the right to vote has been told as the tale of a few iconic leaders, all white and native-born. *Why They*

Marched uncovers a more diverse story. As important as the goal of suffrage was, the struggle was always far broader than just the franchise, and it spoke to fundamental questions about women's roles in politics and modern life, the relationship between citizenship and voting rights, and more - topics still relevant today. Susan Ware is the author and editor of numerous books on twentieth-century U.S. history. She is currently the Honorary Women's Suffrage Centennial Historian at the Schlesinger Library on the History of Women in America at the Radcliffe Institute for Advanced Study, Harvard University. The Library of America will publish her edited anthology *American Women's Suffrage: Voices from the Long Struggle for the Vote, 1776-1965* in July.

This event is taking place outside of the Avon Library; patrons are directed to participate on their own.

No registration required. View this event here: <https://www.youtube.com/watch?v=Vou7ExXdbO8>

Sponsored by the New Hampshire Women's Foundation.



The Suffragents: How Women Used Men to Get the Vote
Tuesday, August 18 at 7:00 pm
Join us for a virtual Zoom lecture.

The story of how and why a group of prominent and influential men in New York City and beyond came together to help women gain the right to vote. Presented by Brooke Kroeger.

Please register here: <https://www.avonctlibrary.info/event/suffragents-event-with-author/>
and a Zoom link will be sent to you the day before the event.



Women's Fight for the Vote: Celebrating 100 Years of the 19th Amendment
Monday, August 17 at 12:00 pm

Join us for a conversation on women's suffrage between former Secretary of State Hillary Rodham Clinton and Elaine Weiss, author of *The Woman's Hour: The Great Fight to Win the Vote*. The discussion will be moderated by Dr. Carla Hayden, Librarian of Congress and both the first woman and first African American to lead the national library of the United States.

This event is hosted outside the Avon Library, live via YouTube. Register here:

https://docs.google.com/forms/d/e/1FAIpQLSdlLxLfoGGh-6xCfs0rrw7_8IU2_gfI2HjOV5FZnouqcEcV5w/viewform



1. **NCAAA** is launching a new service for people unable to shop for groceries and who may be unable to pay for groceries. **Grocery Shopping and Delivery** service whereby we will cover the delivery charges, any shopping fees, and the cost of groceries at +/- \$100.00 per shopping trip. We are partnering with Geissler's Supermarkets and a local non-profit called UR Community Cares for delivery. (We will be adding to our grocery network shortly). Referrals can be directed here: (860)724-6443 x 268 "CHOICES".

2. We have funding for items such as fans, air conditioners, lift-chairs, incontinence supplies, and emergency response systems for individuals who may be home-confined. Please contact us at (860)724-6443 x 230 "Caregiver Team"





AARP CT Upcoming Events

Registration is free and open to people of all ages!

August 19, 2020 @ 1PM AARP CT Webinar Wednesday: AARP Fraud Watch Network: Con Artist Playbook: Join us to learn about the psychology behind ID theft, fraud and scams through the testimony of actual scammers. Participants will walk away armed with tips and tools for keeping themselves and their families safe. Registration is required: <https://aarp.cvent.com/FWNWWAugust19>

August 24, 2020 @ 12PM AARP CT Presents: Mondays at Mystic Seaport: Behind-the-scenes: Explore behind the scenes at Mystic Seaport Museum to experience the museum's collection of rare vessels that are not on public view. Then Christopher Gasiorek, Vice President of Watercraft Preservation & Programs at the museum, will answer your questions during a live Q&A event. Registration: <https://aarp.cvent.com/MysticMonAug24>

August 24, 2020 @ 1PM Caregiver Roadshow for CT Families: Offers a journey through the experiences of family caregivers - the backbone of our health care system. Learn tips and tools on supporting the caregiver, the care recipient and choices to live safely and independently at home. Learn specific tools for navigating and connecting with available services, gain an understanding of care options and costs, and stay informed on the legislative issues impacting seniors and family caregivers. Hosted by Wethersfield Social & Youth Services. Registration: <https://aarp.cvent.com/CaregiverAug24Wethersfield>

August 26, 2020 @ 7PM AARP CT Webinar Wednesday: Caregiver Roadshow for CT Families: Registration is required: <https://aarp.cvent.com/Aug26CaregiverWebWed>

August 28, 2020 @ 10AM AARP Fraud Watch Network's: Fraud Fighting Fourth Fridays - Powered by AARP CT & CEJC: AARP CT & the Coalition for Elder Justice in CT have joined together to offer conversations the 4th Friday of every month on how elder justice advocates are working on your behalf to protect individuals and their families from becoming victims of financial exploitation and other forms of elder abuse. This session welcomes Kathleen Titsworth for the CT Department of Banking and Catherine Blinder from the CT Department of Consumer Protection offering an interactive conversation to test your knowledge, learn new tips and tools on prevention and how you can learn more about their agency's goals to work on your behalf. Registration: <https://aarp.cvent.com/4thFridayAug28>

LinkedIn for Experienced Workers and Encore Career Seekers: 2 chances to participate!

September 2, 2020 @ 1 – 2:30 PM Registration: <https://aarp.cvent.com/LinkedSept2WW>

September 9, 2020 @ 7 – 8:30 PM Registration: <https://aarp.cvent.com/LinkedSept9WW>

Register for one of the times above to participate in this 90-minute session to learn best practices to create and manage a personal profile page, reflecting the experience gained in previous careers. Learn about networking, improve career opportunities, and self-branding.

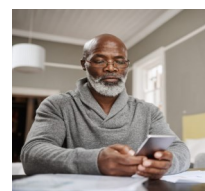
September 16, 2020 @ 1PM AARP CT Webinar Wednesday: "Gen Silent": Join us for a screening of the documentary "Gen Silent" to hear the stories of LGBT older adults in Greater Boston dealing with the challenges and hopes of growing older. Since 2010, this landmark movie has inspired a world-wide movement of LGBT & aging advocates to create safe & welcoming community experiences for older adults and caregivers. Registration: <https://aarp.cvent.com/GenSilentSept>



LIFETIME CONNECTIONS WITHOUT WALLS

Lifetime Connections Without Walls is a telephone activities program that provides opportunities for older adults to connect with others in their community and across the country. They offer social and educational sessions, friendly conversation, and support groups – all over the phone – all from the comfort of home. Sessions are facilitated by volunteers and professionals. Lifetime Connections Without Walls is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas. For more information, and to see their program schedule, please visit:

<https://www.familyeldercare.org/wp-content/uploads/2020/03/LCWW-Spring-2020-Catalog.pdf>



Money Matters with Mike Sloan

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



Marine Life

Find and circle all of the listed words that are hidden in the grid.
The remaining letters spell the name of a sea animal.

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| S | H | S | E | A | L | S | D | M | D | T | G | H | R | E |
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| I | I | T | O | R | T | R | O | B | L | I | U | W | H | S |
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| G | Y | B | E | I | L | L | U | N | P | T | H | E | S | A |
| R | L | O | N | T | A | A | W | T | A | O | N | I | W | L |
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| E | S | P | A | E | S | U | N | L | E | N | W | A | R | P |
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ANCHOVY
BARRACUDA
CLAM
CLOWNFISH
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CRAB
DOLPHIN
HALIBUT
JELLYFISH
LAMPREY
LOBSTER

MANATEE
MARLIN
OCTOPUS
OYSTER
PENGUIN
PORPOISE
PRAWN
SARDINE
SCALLOP
SEA LION
SEA OTTER

SEA TURTLE
SEALS
SHELLFISH
SHRIMP
SPONGE
SQUID
STARFISH
STINGRAY
TUNA
WALRUS
WHALE

**RESERVED FOR
SPONSORS**