

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 2021

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



Senior Center Coordinator's Message

Happy August Senior Center Friends! We hope you are doing well. We are so happy to be open and to see you having fun at the Senior Center.

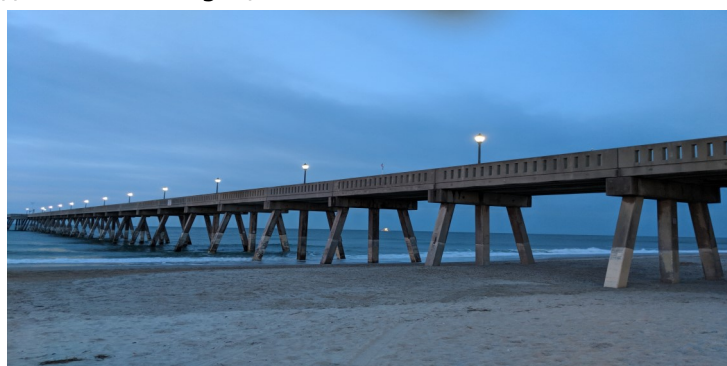
We have made a lot of updates and upgrades around the Senior Center, come and take a look! We did it all for you and we want you to enjoy the space.

We have some wonderful programs and events happening this month and in the coming months. Check out the newsletter and sign up, to reserve your spot.

Thank you to 2 of our local churches for blessing us in July with their service, friendship, hard work, compassion, conversation, kindness and fantastic effort. Valley Community Baptist Church blessed us with trimming, weeding, gardening around the building, Wii Bowling with us, and prepping and putting together the food for the Grab & Go and in-person meal. Avon Methodist Church made sandwiches for our seniors. Thank you Churches for caring about our older adults. We appreciate you!

We look forward to seeing you at the Senior Center! Come and join us.

Please take care,
Jennifer Bennett, LMSW, CDP



Sunrise

Perspective...

"What you see
depends
not only on
what you look AT,
but also, on
where you
look FROM"

- James Deacon

IF YOU
CHANGE
THE WAY YOU
LOOK AT THINGS,
THE THINGS YOU
LOOK AT **CHANGE**.

- DR WAYNE DYER

#MMSD13

Sunset



CRT CONGREGATE MEAL

**Community Café/Lunch Program
WILL BE BACK AT
AVON SENIOR CENTER
STARTING TUESDAY, AUGUST 24**



Please call the senior center to sign up at 860-675-4355.

Crafting with Tully from McLean

Avon Senior Center

Wednesday, August 18, 2021 at 11:00 am

Come join us as we craft with our friend Tully from McLean. We always enjoy when she comes and crafts with us! We have a great time. Please call the Senior Center at 860-675-4355 to sign up.

E-mail List for Newsletter

Please send an email to: eshaffer@avonct.gov requesting to be added to newsletter email list.

**AVON SENIOR CENTER ACTIVITIES**

Mah Jongg— Tuesdays at 10:30 a.m.
Bridge— Tues. & Thurs. at 12:30 p.m.
Card Group—Tuesdays at 1:00 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 10-2
Beading Group —Thursdays at 12:30 p.m.
Pool/Billiards— various

AVON SENIOR CENTER CLASSES

Class venues will be virtual or in-person.

Chair Yoga

Fridays, 1:30-2:30 p.m.
Fee: \$77.00

July 23—Sept. 10
Senior Fee: \$69.30

Zumba Gold - Mondays

Mondays, 5:45-6:45 p.m.
Fee: \$66.00

July 5—Sept. 20
Senior Fee: \$59.40

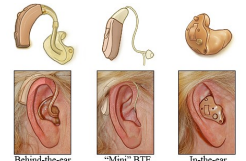
Zumba Gold - Wednesdays

Wednesdays, 5:45-6:45 p.m. July 7—Sept. 15
Fee: \$66.00 Senior Fee: \$59.40

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

FREE Monthly Hearing & Hearing Aid Checks

Nicholas Wills of Home Hearing will be here once a month to check your hearing and hearing aids and fix them. Last Thursday of the month from 11-1.

**Free Blood Pressure/Blood Sugar Screening**

FV VNA will be providing FREE Screenings the 1st & 3rd Thursday of the month from 11:30-1:00. Please call the senior center at 860-675-4355 to sign up. Please wear a mask & practice safe social distancing.

**Blood Drive**

Avon Senior Center

August 12 & 19 (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.

Rotary Club of Avon-Canton Annual Senior Picnic

**Tuesday, August 17, 2021
11:00 am—1:00 pm
Avon Senior Center**

Entertainment by Jeff Wieselberg

**Canton & Avon Seniors!
Complimentary luncheon by the
Rotary Club of Avon-Canton.**

*Entertainment at 11:00 and
lunch is served at 12 noon!
Register by 8/10/2021*

**Registration is required. Please call
Avon Senior Center at 860-675-4355.**

Sponsored by: Rotary Club of Avon-Canton

Hosted by: Avon Senior Center

In coordination with: Canton Senior Center

MENU

Hotdogs, Hamburgers, Potato Salad, Chips,
Baked Beans, Coleslaw, Watermelon, Ice Cream,
Soda, Water, Coffee/Hot tea

AARP Fraud Watch Network & Volunteers of America (VOA) created a new, free program to help people affected by scams. VOA|ReST, (resilience, strength & time). Addresses emotional impact of experience. Facilitated peer-discussion groups provide emotional support. Family to participate at your discretion or separate sessions for family members only. Online, hour-long sessions almost daily. Join by computer, tablet or smartphone. Discussions confidential. Attend one session or several – it's your choice.

Experiencing a scam can be devastating. It doesn't define you. Sign up & take important step toward emotional recovery. Remember, you are not alone. www.aarp.org/fraudsupport to learn more & register today.

AVON SENIOR CENTER CLASSES

Please note: Participants will receive information regarding class venues (virtual or in-person).

Chair Yoga

Fridays, 1:30-2:30 p.m.

Fee: \$77.00

July 23—Sept. 10

Senior Fee: \$69.30

Zumba Gold - Mondays

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

Fee: \$66.00

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Senior Fee: \$59.40

Zumba Gold - Wednesdays

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

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July 7—Sept. 15

Senior Fee: \$59.40

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



Bridge Group

looking for players
(intermediate level).

Tuesdays & Thursdays 12:30.

Please contact the
senior center if interested.



Instructors & class participants, we appreciate you sticking with us during COVID. We are grateful for you! We look forward to seeing you in-person!

Friendship Line

Friendship Line at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older adults & adults living with a disability. Call anytime at 1-800-971-0016 & introduce yourself to staff members/volunteers - It's easy.



**Flu Clinic at Avon Senior Center
Tuesday, October 5 from 1 to 4 pm.**
Provided by Farmington Valley VNA.
Call for an appointment: **860-651-3539**
If COVID vaccinated, no mask required.



NAMI Family Support Group: peer-led for adults with a loved one who has experienced symptoms of a mental health condition. Gain insight from challenges & successes of others facing similar experiences. Structured model, everyone heard & get what they need. *Free, No therapy/treatment endorsed, Confidential* Share in safe setting, gain hope & develop supportive relationships. Encourages empathy, productive discussion & sense of community. Benefit from other's, discover inner strength & empower yourself by sharing in a non-judgmental space. Better coping skills, Strength in sharing, Not judge anyone's pain, Forgive ourselves & reject guilt, Embrace humor as healthy, Cannot solve every problem, Mental health conditions are no one's fault & can be traumatic experiences.

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



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"

CT ALERTS - Critical emergency information: (<https://portal.ct.gov/ctalert>) **State of CT & Town of Avon have the ability to send alerts to those registered with CTAlert system.** The Town suggests enrolling in both Subscribe to News and CTAlert.



Avon Senior Center and CT Healthy Living Collective Offer Nationally Recognized Program to Help OLDER ADULTS MASTER AGING

ASC & CT HLC offer this innovative 10-week health & wellness program to residents 50 & over (Oct 5-Dec 7, Tuesdays from 10-11:30 am). Aging Mastery Program® (AMP) was developed by (NCOA) & has been successful at helping older adults build their own playbook for aging well.

This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting-edge program. AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves & others. The program encourages mastery-developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, & increased societal participation. CT HLC- network of partners dedicated to delivering programs & services that promote healthier people, better care, smarter spending, & health equity. Register: https://avonct.myrec.com/info/activities/program_details.aspx?ProgramID=29214 or call Avon Senior Center at 860-675-4355.

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



MyPlaceCT.org—free resource from State of CT—**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!



"COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, 'I WILL TRY AGAIN TOMORROW.'"

- Mary Anne Radmacher

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 & Vivian Pane
Secretary - Marian Hurlbut, Financial Secretary - Katie Ruez

Programs Through August 2021 - Cancelled.
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Message from the Board of Directors . . .

We hope that you enjoy the summer months and begin to make plans getting together with folks you haven't seen in a while.

On the Covid front, things are beginning to level off so we are very hopeful that we can begin to offer some type of programing in the Fall. We will communicate future planning to you via this newsletter so stay tuned.

If you haven't already, please consider rolling up your sleeve to get your shot. It's a great way to protect yourself against this horrible disease.

Happy Birthday to the following Members:

June 28th – Jeannie King

July 17th – Lorraine Foster

July 18th – Joe Roberto

July 23rd – Katie Ruez

August 2nd – Gloria Farrell

August 7th – Mickey Bennett

August 11th – Tom Carey

August 13th – Ida Maillet

Please stay safe & know that you are in our thoughts. We look forward to resuming programs in Fall 2021.

Helen M. Toth



Mutual of Omaha

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

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



Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

— Mahatma Gandhi —

"May your troubles be less and your blessings be more."

—Irish Blessing

**IF YOU DON'T LIKE
THE ROAD YOU'RE
WALKING,
START PAVING
ANOTHER ONE.**

Dolly Parton

Money Matters with Mike Sloan of Mutual of Omaha
 Please click link to watch video. Program focuses on
 HECM reverse mortgage (HUD sponsored & FHA
 insured product). <https://youtu.be/myYr3vTRphs>

AARP® Real Possibilities
Connecticut

Virtual Events link:
<https://states.aarp.org/connecticut/events-ct/?cmp=RDRCT-49a47122-20201006>

AARP®
Fraud Watch Network

AARP Fraud Watch Network: access to information about identity theft, investment fraud & the latest scams.
Online: www.aarp.org/fraudwatchnetwork
Helpline 1-877-908-3360

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

How to choose a security system: <https://www.aarp.org/home-family/personal-technology/info-2021/diy-home-security.html>

Investments: www.smartcheck.gov

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

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

Check out a charity before donating: www.charitywatch.org or www.charitynavigator.org

Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested and when you are available to participate. Please call the Senior Center and speak with Jennifer at 860-675-4355 or email: jbenett@avonct.gov.



Accessible & reliable transportation for:

- Routine Medical & Dental Appointments , PT & Rehab
 - Outpatient Procedures & Treatments , Dialysis
 - Airport, Bus , Train , Long-Distance , 1-Way Transport
- 860-507-7704 **www.SunshineWheels.org**

NO COST TO ELIGIBLE MEDICAID MEMBERS



Shuffleboard, Table Tennis, Badminton

Avon Senior Center is starting up some groups again. We are looking to have Shuffleboard, Table Tennis and Badminton on Wednesday and Friday mornings from 10-12. Please call 860-675-4355 and let us know if you are interested in one or all three!

Breaking World Records for change

World Record Online Bingo

October 22, 2021
10:00 AM - 1:00 PM MT/PT
1:00 PM - 4:00 PM ET

Bring Awareness Set a World Record Join Thousands of People

Cigna televēda

Avon Senior Center is excited to participate in a historic community event. On October 22, 2021 at 1:00 pm, we're attempting to set a GUINNESS WORLD RECORDS™ with an exciting game of online bingo!

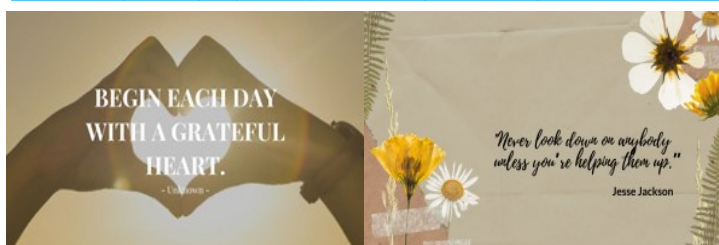
We're raising awareness on our efforts to fight social isolation & reframing the face of aging by hosting the largest hybrid game of Bingo the world has ever seen.

We're partnering with Cigna & Televeda to offer this free game in-person and virtual. There will be games, prizes, food & beverages, and of course a chance to hang out with family and friends. This is your chance to be a part of something huge! Please call us if you are interested in participating! More information to follow.

**This is a wonderful day.
I've never seen it before.**

MAYA ANGELOU

AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT the highest appreciation is not to utter words BUT TO LIVE BY THEM.
JOHN F. KENNEDY

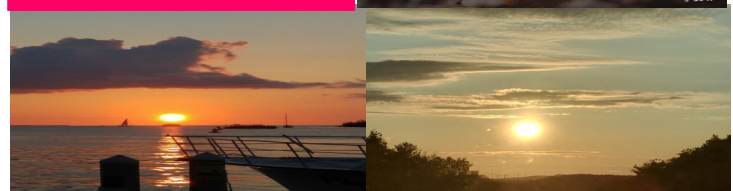


UNEARTHING HISTORY:
THE DISCOVERY OF A 12,500 YEAR OLD PALEO-INDIAN SITE ALONG THE FARMINGTON RIVER IN AVON, CT
Lecture series will cover the archaeology, geology, and anthropology of life along the Farmington River, with a focus on the Brian D. Jones Paleo-Indian discovery in Avon, Connecticut.
7:00 PM, VIA ZOOM
REGISTER AT: WWW.AVONCTLIBRARY.INFO
FREE TO ATTEND

SEPTEMBER 9:
Connecticut Native American Communities Past and Present
Presented by Dr. Lucianne Lavin, Director of Research and Collections, Institute for American Indian Studies Museum (IAIS), Washington, CT
Recordings of the March, April, and May 2021 lectures in this series are available on the Avon Library's YouTube Page:
<https://www.youtube.com/user/afplct/playlists>

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
Sponsored by a grant from:
FARMINGTON BANK Community Foundation

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



Good Personality Traits

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

AGREEABLE

BENEVOLENT

CARING

EMPATHETIC

FRIENDLY

GENEROUS

GENTLE

GIVING

GRACIOUS

HELPFUL

HONEST

HOSPITABLE

JOYFUL

KIND

LOVING

LOYAL

OBLIGING

PATIENT

POLITE

RELIABLE

SOCIABLE

THOUGHTFUL

WARM

WELCOMING