

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



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

DECEMBER 2018

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

Senior Center Coordinator's Message

Happy Holidays! I hope everyone is enjoying this holiday season! We are having so much fun at the senior center. Please come and join us!

Avon Senior Center will have our 1st AMP— Aging Mastery Program Graduation on December 19th at 10:00 a.m. at the senior center. Let's celebrate the participants that completed this program. The Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. AMP is a fun and engaging education and behavior change incentive program for aging well. Avon Senior Center is one of the sites that was chosen to partner with the Connecticut Healthy Living Collective to implement the Aging Mastery Program®.

Avon Police Association is having their Annual Holiday Meal on Friday, December 14 at 12:00 p.m. This is free and open to the public. Please be sure to sign up so we can enjoy this delicious meal together.

As we get ready to end another year together, I would like to say *Thank You* for coming to the senior center and being a part of our senior center family. You are the reason why we have such a fabulous senior center!

Please take time to appreciate and delight in this special time of year. Spend time with family and friends, let someone know you care, make a new friend and get to the senior center! We're here for you and we value you!

Wishing you peace and joy this holiday season and throughout the coming year!

Take care,
Jennifer Bennett, LMSW

You are
AMAZING.
You are
IMPORTANT.
You are
SPECIAL.
You are
UNIQUE.
You are
KIND.
You are
PRECIOUS.
You are
LOVED.

I am capable.
I am *strong.*
If I *believe* in myself,
I can turn my
dreams
into a plan, and my plan
into my *reality.*

Free Tax Assistance Offered by AARP Tax-Aide

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers through April 17.

Special attention is given to those 50 and older. Appointments are required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.



Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to Interval House, Agape House, children, Animal Shelters, Veterans and families.

If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.



DECEMBER EVENTS 2018

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Tuesday, December 4, 2018**“Thankful Tuesdays!”**

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

Tuesday, December 4, 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.

Tuesday, December 4, 2018 at 1:30 p.m.**“Film Series at the Library- Mr. Church”**

The story of a six month arrangement that turned into a unique 15 year friendship. Starring Eddie Murphy & Britt Robertson. 1 hr. 44 min. 2016 Rated PG-13. This is part of our Afternoon Film Series co-sponsored by the Library & Senior Center. The movie will be held at the Library.

Tuesday, December 4, 2018 at 7:00 p.m.**“Author Event- Adriana Trigiani”**

Holidays with Adriana Trigiani- Fill your heart this holiday season! Join us for another fabulous author event and book signing with Adriana Trigiani. Love, ambition, and the consequences of both lie at the heart of this spellbinding epic of two working-class kids who become a successful singing act during the big band era of the 1940s. Books will be for sale at this event. Copies of *Tony's Wife* will be for sale at the Avon Library reference desk, beginning 11/20/18. This event is co-sponsored by the Avon Library, Avon Senior Center, and the Prince Thomas of Savoy Italian Club. See you there!

Wednesday, December 5, 2018 from 10-11:30 a.m.

“Aging Mastery Program® (AMP)” Getting Connecticut AMP®ed! The Connecticut Healthy Living Collective is participating in the statewide initiative to implement the Aging Mastery Program®. (AMP) is a 10-week evidence-based program developed by the National Council on Aging. AMP is a fun and engaging education and behavior change incentive program for aging well. CT Healthy Living Collective is partnering with the National Council on Aging to bring AMP in this initiative funded in part by the Anthem Foundation. Avon Senior Center is partnering with the CT Healthy Living Collective to implement AMP®. Wednesdays 10-11:30 a.m., December 5, 12, 19 (Graduation).

Wednesday, December 5, 2018 at 10:00 a.m.**“CT Senior Wii Bowling Individual Tournament”**

Avon Aces Wii Bowlers are going to compete in an Individual Wii Bowling Tournament in Bristol today. Wish them well as they participate in this statewide tournament. We're sending a group of bowlers and they will do their best!

Thursday, December 6, 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, December 7, 2018 at 1:00 p.m. “Pocket Billiards”

Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. He will be here every 2 weeks on Fridays to show us how to hold the cue stick, how to shoot the ball, how to follow through and how to make a shot! He's received great reviews from the seniors that have worked with him! Come and give it a try! No experience necessary! Please call the Senior Center at 860-675-4355 to sign up.

Monday, December 10, 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.

Monday, December 10, 2018**“Foot Care”**

Dr. Lindsay will be at the Avon Senior Center on the 2nd Monday of every month 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, December 11, 2018**“Thankful Tuesdays!”**

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

Tuesday, December 11, 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, December 11, 2018 at 12:30 p.m.**“Intern Presentation”**

Intern Madison is going to do a presentation on Diversity today. This is part of her education and her internship. She is going for her Bachelor's Degree in Social Work at CCSU.

Tuesday, December 11, 2018 at 1:30 p.m.**“Film Series at the Library- Maudie”**

Resilient self-taught folk artist Maude Lewis finds beauty in her difficult life through her love of painting. Starring Sally Hawkins & Ethan Hawke. 1 hr. 44min. 2017 Rated PG-13. This is part of our Afternoon Film Series co-sponsored by the Library & Senior Center. The movie will be held at the Library.

Tuesday, December 11, 2018**SENIOR CENTER CLOSING AT 2:00 P.M.****Wednesday, December 12, 2018****CLOSED FOR BUDGET REFERENDUM**

DECEMBER EVENTS 2018



Wednesday, December 12, 2018 from 10-11:30 a.m. at the Library “Aging Mastery Program® (AMP)”

Thursday, December 13, 2018 “Thinking Thursdays”

Friday, December 14, 2018 at 12:00 p.m.
“Avon Police Association Holiday Meal!”

Avon Police Association & Avon Social Services are sponsoring a Holiday Meal for all seniors!! This meal is free and open to the public. The Avon Police Association will be here to set up, serve and clean up the Holiday Meal and they're sponsoring the food that will be made by Kane's Market in Simsbury. Come and spend time with our local Police and enjoy a delicious meal together! We thank the Police Association for caring about our older adults! Please call the senior center at 860-675-4355 to sign up.

Tuesday, December 18, 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!!!!

Tuesday, December 18, 2018 “Thankful Tuesdays!”

Tuesday, December 18, 2018 at 1:30 p.m.

“Film Series at the Library- Victoria & Abdul”

The unlikely friendship between Queen Victoria and Abdul Karim, a young Indian clerk. Starring Judi Dench & Ali Fazal. 1 hr. 51 min. 2017 Rated PG-13. This is part of our Afternoon Film Series co-sponsored by the Library & Senior Center. Movie held at the Library.

Wednesday, December 19, 2018 from 10-11:30 a.m.

“Aging Mastery Program® (AMP)”

Thursday, December 20, 2018 “Thinking Thursdays”

Thursday, December 20, 2018 “Sugar Plum Social!”

Join us for our “Sugar Plum Social!” We will celebrate the holidays with delicious cookies, desserts, goodies and drink coffee, tea, hot chocolate and punch! We will listen to some holiday music and enjoy each other's company! This is a free event and open to the public. Please call the Senior Center at 860-675-4355 to sign up.

Friday, December 21, 2018 at 1:00 p.m. “Pocket Billiards”

Monday, December 24, 2018
SENIOR CENTER CLOSED FOR CHRISTMAS HOLIDAY

Tuesday, December 25, 2018
SENIOR CENTER CLOSED FOR CHRISTMAS HOLIDAY

Wednesday, December 26, 2018 at 10:30 a.m. “Shuffleboard”

Thursday, December 27, 2018 “Thinking Thursdays”

Monday, December 31, 2018
CLOSED FOR NEW YEAR'S EVE HOLIDAY

Tuesday, January 1, 2019
CLOSED FOR NEW YEAR'S DAY HOLIDAY

Trips

America's Cowboy Country, June 3-10, 2019

\$3799 per person, double occupancy

Tuscany & the Italian Riviera, October 4-11, 2019

\$3849 per person, double occupancy

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



Open Yale Courses

Thursdays, 1:00 p.m.

Come, watch, learn & listen to courses taught by

Yale professionals in the comfort of the Avon Senior Center! Starting in December: **“The American Novel Since 1945”** which will include a wide range of works from 1945 to the present. The course traces the formal and thematic developments of the novel in this period, focusing on the relationship between writers and readers, the conditions of publishing, innovations in the novel's form, fiction's engagement with history, and the changing place of literature in American culture.

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.



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.

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)

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)

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

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

Knitting & Handwork Group

Wednesdays from 1-3 p.m.

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects and if you do not have a project, we do and we can help! See you there!

New Card Group

Tuesdays
1:00 p.m.
3-13 card game.
Easy to learn.
New players
welcome.



Mah Jongg— Mondays at 12:30 p.m.—Intermediate
Bridge – Tues. & Thurs. at 12:30 p.m.— Intermediate
Card Group -Tuesdays at 1:00 p.m.
Scrabble – Tuesdays at 1:00 p.m.
Discussion Group—Tuesdays at 12:30 p.m.
Knitting—Wednesdays at 1:00 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 Senior 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	
4	White Bean & Escarole Soup Tuna Fish Salad Whole Grain Kaiser Roll Sweet Potato Wedges Sliced Tomato Shredded Lettuce Cookie	6	Country Vegetable Soup Penne & Mini Beef Balls Garden Salad w/ Cherry Tomatoes & Cucumbers Ranch Dressing Saltine Crackers Fresh Banana
11	Turkey Meatballs w/ Sweet & Sour Sauce White / Brown Rice Italian Blend Vegetables Whole Wheat Bread Margarine Fresh Orange	13	Orange Juice Rosemary Baked Chicken Baked Potato Sliced Carrots 12 Grain Bread Margarine Fruit Yogurt
18	Apple Juice Kielbasa Pierogies w/ Onion Butter Sauce Caribbean Blend Vegetables Wheat Dinner Roll Margarine Applesauce	20	Sauerbraten with Gingersnap Gravy Parslied Potatoes Broccoli Florets 100 %Whole Wheat Bread Margarine Pears
25	NO CRT LUNCH 	27	Italian Beef Meatballs with Italian Sauce Seashell Pasta / Marinara Sauce Italian Blend Vegetables Wheat Dinner Roll/ Margarine Fresh Banana



SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001
860.675.4355
Mondays



- *President– Bob Wade**
• Vice President, & Cheer- Marie Evans
• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier
• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez
• Programs – Helen M. Toth

Message from the Board of Directors . . .

We wish you a wonderful Holiday Season filled with the blessings of peace, love and happiness.

May beautiful moments, happy memories and all the little joys surround you during this special time of the year.

We look forward to many special memories in the coming year. Please be sure to join us and partake in the events we plan especially for you.

Please join us on December 17th as we celebrate the Holiday Season with a Pot Luck. Entertainment is provided by the Avon High School Choir under the direction of Andrew Brochu, Choral Director.

We will also have the election of Board Officers for the coming year. If you wish to be considered, please let one of the Board members know.

Happy Birthday to the following Members:

December 8th – Gloria Adams
 December 14th – Sal Liberatore
 December 23rd – Jeane Jennings

The winter months are quickly approaching and we want to remind you that in the event there is inclement weather and the Avon schools are closed the senior center is closed and there will be no program offered that day.

If Avon schools are on a delayed opening schedule the senior center is open and programs scheduled will be offered without interruption.

If you have any questions, please see a board member.

Helen M. Toth

Senior Citizens of Avon Organization

December 2018 – Program Schedule

Everyone is Welcome – Reservations Recommended

December 3rd 10:30 – Board Meeting
 Noon – Pizza & Salad, Dessert
 Bingo

December 10th Noon – Soup and choice of Roast Beef, Ham or Turkey Grinder and Cole Slaw.
 Bingo

December 17th Noon Holiday Celebration
 Pot Luck and Birthday Cake

Entertainment will be provided by the Avon High School Choir under the direction of Andrew M. Brochu, Choral Director.






December 24th CHRISTMAS EVE DAY –
 Center is closed

December 31st NEW YEAR'S EVE DAY –
 Center is closed

The Board of Directors wishes you



DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <p>9:00 Wii Bowling 10:30 Sr Org Bd Mtg 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>4</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 1:30 Film at Library 7:00 Author Event THANKFUL TUESDAYS</p>	<div>5</div> <p>9:00 Wii Bowling 10:00 AMP 10:00 CT Wii Bowling Tournament- Bristol 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi</p>	<div>6</div> <p>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</p>	<div>7</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Pocket Billiards 1:00 Adult Coloring 1:00 Billiards</p>
<div>10</div> <p>9:00 Wii Bowling Foot Care 11:00 Blood Pressure 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>11</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Birthday Cake 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Intern Presentation 1:00 Scrabble & Cards 1:30 Film at Library THANKFUL TUESDAYS CLOSE AT 2:00 PM</p>	<div>12</div> <p>SENIOR CENTER CLOSED FOR REFERENDUM</p> 	<div>13</div> <p>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</p>	<div>14</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 12:00 APA Holiday Meal 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>17</div> <p>9:00 Wii Bowling 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>18</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 1:30 Film at Library THANKFUL TUESDAYS</p>	<div>19</div> <p>9:00 Wii Bowling 10:00 AMP 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi</p>	<div>20</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Sugar Plum Social 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>21</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Pocket Billiards 1:00 Adult Coloring 1:00 Billiards</p>
<div>24</div> <p>CLOSED</p> 	<div>25</div> <p>CLOSED</p> 	<div>26</div> <p>9:00 Wii Bowling 10:00 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Knitting</p>	<div>27</div> <p>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</p>	<div>28</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Billiards</p>
<div>31</div> <p>CLOSED</p> 				

**RESERVED FOR
SPONSORS**

Avon Senior Center



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