

# 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*



DECEMBER 2021

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



## Senior Center Coordinator's Message

Happy December and Holiday Season! Hope you are doing well and enjoying this festive time of year. The lights and decorations are so beautiful and fun to look at outside. If you have any suggestions of places we should see, please share, we love a good light show!

We have our Annual Avon Police Association Holiday Meal and Winter Wonderland. Elizabeth and I will be baking holiday treats. We all enjoy when Elizabeth bakes for us!

This month, we say **GOODBYE** to our social work interns. Faridah and Emma are graduating with their BSW from CCSU. We wish them well as they pursue their MSW. Nicole has one semester left of her BSW at CCSU. Sidney and Morgan are pursuing their MSW from UCONN and they will return in January. We thank them for all that they have done for the Senior Center and our members. We have enjoyed having them here.

Please enjoy the season, have fun, eat good food, be well, stay safe and healthy and visit us!

**Take care, Jennifer Bennett, LMSW, CDP**



## Avon Police Association Holiday Meal

**Tuesday, December 14, 2021**  
**12:00 p.m. at Avon Senior Center**

Avon Police Association is sponsoring a holiday meal for seniors. This event is free and open to the public. Please call Avon Senior Center at 860-675-4355 to sign up.



## Winter Wonderland

**Wednesday, December 15**

**11:30am - 1:30pm**

**At Canton Senior Center**

**Cost \$5.00, pay when you sign up**

Join us as we celebrate the winter season and coming new year with delicious food, wonderful friends & music by Ray Guillemette, Jr.

RSVP by 12/13/21 to

Avon Senior Center 860-675-4355

Sponsored by Canton & Avon Senior Centers



### December Events

December 8- Holiday Treats

December 9- Holiday Treats

December 14- Police Holiday Meal

December 15- Winter Wonderland

*See information on Page 1*



### FRAUDS & SCAMS

Please be aware of frauds & scams, especially during the holiday season. Please do not answer calls if you do not know who is calling and do not open mail if you do not know the sender. Any questions or concerns, please contact the Senior Center and we will assist and help you.

## Masks are required



regardless of vaccination status



**RAINBOW LUNCH HOUR DEC. 16TH**

Presented by the  
CT Moveable Senior Centers and the  
CT Healthy Living COLLECTIVE

### Come Out and Connect!

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour...Holiday Edition.

The joys...and challenges...of going "home" for the holidays. Share your memories, stories and traditions.

To Register: <https://cthealthyliving.org/events/msc-holiday/>

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

Lucas & Sherrie

BigPictureCoaching.net

"THE HOLIDAY SEASON IS A PERFECT TIME TO REFLECT ON OUR BLESSINGS AND SEEK OUT WAYS TO MAKE LIFE BETTER FOR THOSE AROUND US."



*kindness*  
is like snow-  
It beautifies everything it covers  
-Kahlile Gibram

### CRT CONGREGATE MEAL

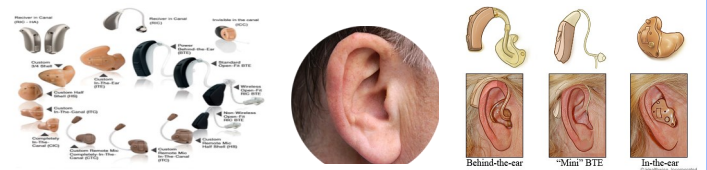
**Community Café/Lunch Program  
IN-PERSON AT SENIOR CENTER**

Tuesdays and Thursdays

Please call to sign up at 860-675-4355.

### 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. December 9 from 11-1.



**Free Blood Pressure/Blood Sugar Screening**  
FV VNA will be providing FREE Screenings 1st & 3rd Thursdays from 11:30-1:00. Please wear a mask & practice safe social distancing.



**Bridge Group**  
looking for players  
(beginner/intermediate).  
Tuesdays & Thursdays 12:30.  
Please contact the  
senior center if interested.

**AARP** Real Possibilities  
**Connecticut**

**AARP**  
**Fraud Watch Network**

AARP Fraud Watch Network: identity theft, investment fraud & scams. [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>

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

Investments: [www.smartcheck.gov](http://www.smartcheck.gov)

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

Check out a charity before donating: [www.charitywatch.org](http://www.charitywatch.org) or [www.charitynavigator.org](http://www.charitynavigator.org)

VOA|ReST (resilience, strength, time) helps people affected by scams & addresses emotional impact of experience through discussion groups. Online & Confidential. 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](http://www.aarp.org/fraudsupport).

### Caregiver Support Group

Avon Senior Center is looking to offer a Caregiver Support Group, please let us know if you are interested. Please call 860-675-4355.



**Blood Drive**  
Avon Senior Center  
December 6



**American Red Cross**

Please call 1-800-RED CROSS (1-800-733-2767) or [RedCrossBlood.org](http://RedCrossBlood.org) and enter: ASC to schedule an appointment.

### AVON SENIOR CENTER CLASSES

#### Chair Yoga

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

Jan. 14—Mar. 4  
Senior Fee: \$69.30

#### Tai Chi

Wednesdays, 4:00-5:00 p.m.  
Fee: \$66.00

Jan. 5—Mar. 16  
Senior Fee: \$59.40

#### Virtual Zumba Gold - Mondays

Mondays, 5:45-6:45 p.m.  
Fee: \$74.00

Jan. 3—Mar. 21  
Senior Fee: \$66.60

(No class Jan. 17 & Feb. 21)

#### Virtual Zumba Gold - Wednesdays

Wednesdays, 5:45-6:45 p.m.  
Fee: \$80.00

Jan. 5—Mar. 16  
Senior Fee: \$72.00

#### Meditation

Thursdays, 2:00-3:00 p.m.  
Fee: \$77.00

Jan. 20-Mar. 10  
Senior Fee: \$69.30

#### Badminton—Tuesdays

Tuesdays, 6:30-8:30 p.m.  
Fee: 54.00

Jan. 11—Mar. 1  
Senior Fee: 48.60

#### Badminton—Thursdays

Thursdays, 7:00-8:30 p.m.  
Fee: 54.00

Jan. 13—Mar. 3  
Senior Fee: 48.60

Please note: There is now a non-resident fee of +10% for residents of other towns. For more information about registering, classes and setting up your account, please visit: <https://avonct.myrec.com/info/>



### MEDICARE OPEN ENROLLMENT PERIOD



October 15th through  
December 7th

Coverage  
begins  
January 1st



**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\* Share in safe setting, gain hope & develop supportive relationships. Encourages empathy, productive discussion & sense of community. Benefit and gain insight from others, 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



*Self-care is giving the world the best of you, instead of what's left of you.*

Katie Reed

## THINGS TO REMEMBER

*Tomorrow is a new day*

*Making mistakes is part of life*

*Saying 'no' is okay*

*Not everyone has to like you*

*Beauty & strength come from within*

@miss\_mental



## Receive Emergency Updates from the Town of Avon!



**SUBSCRIBE TO NEWS** - (<https://www.avonct.gov/subscribe>). Select "Town Alerts" & "Town News and Announcements"

**CT ALERTS** - Critical emergency information:  
(<https://portal.ct.gov/ctalert>)



**Senior Medicare Patrol (SMP)**  
1-800-994-9422  
[www.smpresource.org](http://www.smpresource.org)

**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.



### E-mail List

If you would like our newsletter emailed to you, please send an email to: [eshaffer@avonct.gov](mailto:eshaffer@avonct.gov) requesting to be added to the newsletter email list.



### Chess Group

Wednesdays 1:00-3:00 p.m.  
Drop in or call to sign up.  
Looking for new players!



### COVID BOOSTER SHOTS

At this time, if you would like to receive a COVID Booster shot, please go to Walgreens, CVS or Walmart Pharmacies.

### CARD GROUP

**3 - 13 card group** meets on Tuesdays at noon. New players are always welcome. It's easy to learn and fun to play. Come join us!



## TAKING GOOD CARE OF YOURSELF

Taking good care of yourself is paramount to your success. People find their physical, spiritual, and emotional health are all connected, and that supporting one supports the others. Taking care of all aspects of you will increase the likelihood that you stay well.

### Some tips for self-care include:

- **Live Healthy**, eat healthy foods, get enough sleep, exercise regularly, and avoid excessive drugs and alcohol. Manage stress and go for regular medical check-ups.
- **Practice good hygiene**. Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.
- **See friends** to build your sense of belonging. Consider joining a support group to make new friends.
- **Try to do something you enjoy every day**. That might mean dancing, watching a favorite TV show, working in the garden, painting or reading.
- **Find ways to relax**, like meditation, yoga, getting a massage, taking a bath or walking in the woods.

### STRENGTHEN YOUR CONNECTIONS

With Others, Community, Create Joy & Satisfaction

<https://www.mhanational.org/taking-good-care-yourself>

## AVON SENIOR CENTER ACTIVITIES

Mah Jongg– Tuesdays at 10:30 a.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.  
 Chess–Wednesdays at 1:00 p.m.  
 Wii Bowl– Tuesdays 10-2 & various  
 Beading Group –Thursdays at 12:30 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 at 860-675-4355. The cost is a suggested \$3.00 donation for persons 60 years of age and over and a mandatory \$9.89 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	Jamaican Beef Patty Mac & Cheese Braised Cabbage Coco Bread Sliced Peaches
7	Grape Juice Salisbury Steak Sweet Potatoes Brussels Sprouts Wheat Bread Fruit Oatmeal Bar	9	Cran-apple Juice Breaded Crab Cake w/ Tartar Sauce Potato Wedges Capri Vegetables Dinner Roll Frosted Cake
14	Hot Dog w/ Bun Mustard, Relish, Ketchup Baked Beans Mixed Vegetables Fruit Cocktail	16	Orange Marmalade Pork Loin Corn Bread Stuffing Green Beans 12 Grain Bread Fresh Fruit
21	Grape Juice Stuffed Shells w/ Sauce Mixed Veggies Garlic Knot Frosted Cake	23	NO CRT Lunch 
28	Kielbasa w/ Mustard Mashed Potatoes Capri Blend Veggies Oatnut Bread Fresh Fruit	30	Roast Turkey w/gravy Stuffing Cranberry Sauce Veg Medley Wheat Bread Fresh Fruit



# 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**

## Message from the Board of Directors . . .

We wish you a Happy Holiday Season filled with the blessings of peace, love and happiness. May beautiful moments and happy memories surround you during this special time of the year.

We would like to remember Barbara Martino who passed away on September 11, 2021. Barbara was an active member of the Avon Senior Organization for many years. She was a quiet person and a friend to all.

Barbara was a member of the hospitality group and was always willing to pitch in whatever the need. Barbara was there to help. Barbara was dependable, extremely helpful, fun to be with and didn't leave until the last task was done. We will miss her helping hands in the kitchen, scooping ice cream for dessert or just enjoying the festivities of our luncheon programs.

Rest in peace Barbara...we miss you.

We hope to begin our programs in the first quarter of 2022. We are looking for volunteers to help assist with miscellaneous tasks that need to be accomplished at each luncheon. Please consider assisting as it's difficult for the same people to complete all the aspects alone. You can determine how involved you'd like to be.

To volunteer...please contact Barbara Schicker at (860-404-5436) or Helen Toth at (860-225-7124) and leave a message if no answer. It's only with your help that we can continue to offer quality programs in the future.

Happy Birthday to the following Members:  
December 14<sup>th</sup> – Sal Liberatore  
December 17<sup>th</sup> – Barbara Durham  
December 23<sup>rd</sup> – Jeane Jennings

We look forward to hearing from you.  
Helen M. Toth



## Mutual of Omaha
















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

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

### 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>

# DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold <b>1</b>	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Badminton THINKING THURSDAYS <b>2</b>	9:00 Wii Bowling 1:00 Setback  <b>3</b>
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold  <b>6</b>	9:00 Wii Bowling 10:00 Aging Mastery 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS <b>7</b>	9:00 Wii Bowling 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold HOLIDAY TREATS  <b>8</b>	9:00 Wii Bowling 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Badminton THINKING THURSDAYS HOLIDAY TREATS <b>9</b>	9:00 Wii Bowling 1:00 Setback  <b>10</b>
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew 5:45 Zumba Gold  <b>13</b>	9:00 Wii Bowling 10:30 Mah Jongg 12:00 Holiday Meal 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS <b>14</b>	9:00 Wii Bowling 11:30 Winter Wonderland 1:00 Setback 1:00 Chess 4:00 Tai Chi 5:45 Zumba Gold  <b>15</b>	9:00 Wii Bowling 11:30 BP check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge 6:30 Badminton THINKING THURSDAYS <b>16</b>	9:00 Wii Bowling 1:00 Setback  <b>17</b>
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew  <b>20</b>	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & cards 4:45 T2 Diabetes 6:30 Table Tennis THANKFUL TUESDAYS <b>21</b>	9:00 Wii Bowling 1:00 Setback 1:00 Chess  <b>22</b>	9:00 Wii Bowling <b>NO CRT LUNCH</b> 12:30 Beading 12:30 Bridge THINKING THURSDAYS <b>23</b>	<b>CLOSED FOR THE HOLIDAY</b>  <b>24</b>
9:00 Wii Bowling 1:00 Setback 1:00 Crafty Crew  <b>27</b>	9:00 Wii Bowling 10:30 Mah Jongg 12:00 CRT Lunch 12:30 Bridge 1:00 Scrabble & Cards 4:45 T2 Diabetes THANKFUL TUESDAYS <b>28</b>	9:00 Wii Bowling 1:00 Setback 1:00 Chess  <b>29</b>	9:00 Wii Bowling 11:00 Hearting Aid Check 12:00 CRT Lunch 12:30 Beading 12:30 Bridge THINKING THURSDAYS <b>30</b>	<b>CLOSED FOR THE NEW YEARS HOLIDAY</b>  <b>31</b>